

SARA PATIÑO APONTE



438-888-2787



marlunabisal@gmail.com



Montréal, Québec

ABOUT ME

Registered Massage Therapist and member of the FQM, trained in Swedish massage with additional certifications in different modalities, including Cupping Therapy and Lymphatic Drainage Massage. Since graduating, I have been operating a part-time home-based private practice in Montréal, offering personalized treatments focused on deep relaxation, stress relief, and targeted tension work. I strive to create a calm, safe, and intuitive therapeutic environment tailored to each client's needs. Background in client care, clinic administration, and case management.

EDUCATION

Swedish Massage Therapy Diploma

IKRA Massage Academy

Montréal, QC, June 2025

Lymphatic Drainage Level 1

Ecole Setsuko

Montréal, QC, May, 2026

Precision Cupping Therapy Certificate

Ecole Setsuko

Montréal, QC, November, 2025

Chartered Herbalist Diploma

Dominion Herbal College, 2019

Community and Social Worker Diploma

George Brown College, 2015

WORK EXPERIENCE

Registered Massage Therapist – Private Home Practice (Part-Time)

Montréal, QC | June 2025 – Present

- Provide 45, 60, and 90-minute Swedish massage sessions tailored to client's needs.
- Maintain a professional, hygienic, and calming treatment space
- Manage bookings, scheduling, and client communication
- Developed a growing client base with returning clientele
- Member of the FQM (fédération québécoise des massothérapeutes)

Community Support Worker / Case Manager

Various Organizations | Toronto, ON | 2015 – 2022

- Provided direct client support and crisis intervention
- Maintained detailed documentation and confidential case files
- Coordinated services and referrals for diverse populations
- Demonstrated strong interpersonal skills and professional boundaries

TECHNIQUES

- Swedish Massage
- Therapeutic
- Relaxation
- Cupping
- Lymphatic Drainage

Administrative Assistant | Hillcrest Naturopathic Clinic

Toronto, ON | 2020

- Scheduled appointments and managed client communications
- Processed insurance documentation
- Maintained confidential client records
- Supported and managed daily clinic operations in a fast-paced environment

SKILLS

- Client care & relationship management
- Calm, intuitive, and professional presence
- Empathetic & attentive listener
- Strong interpersonal & communication skills
- Organized & detail-oriented
- Self-motivated / proactive
- Problem solving & critical thinking
- Time management & multitasking
- Languages: English & Spanish (fluent), French (intermediate), Portuguese (basic)